

ADAPTING TO SOMETHING NEW

Journal - Team One



HERB N' KITCHEN

— NEW YORK CITY —





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"Anyone who stops learning is old, whether at 20 or 80." - Henry Ford

Adapting to Something New

My Adaptation Challenge:

Why is adaptation so difficult?

"Of all temptations we meet in life - money, power, fame - the subtlest of all is the Comfort Zone, that invitation to settle for less, to go for content when the stresses of over achievement beckon." - Jonathan Farrington

Steps to Embracing Something New

1.

2.

3.

4.

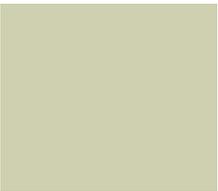
5.

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford



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Team Work!

Trust

Respect

Communication

Collaboration

“In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.” – Theodore Roosevelt